

Extra! Extra!

Substance Abuse Division

The Substance Abuse Division would like to take the time to tell you all welcome and hello. We realize this is another change the LCC's are going through and we want this transition to be as seamless as possible. Our job is to assist your LCC with any questions or issues that arise and act as the liaison between your LCC and the Governor's Commission on a Drug Free Indiana by providing updates and feedback. We are here to support you and offer our expertise on how your LCC can be an integral part of your community.



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Sonya Carrico, Director

Originally from Ohio, Sonya now resides in rural, central Indiana. She obtained a Bachelor's of Social Work degree from Taylor University and has worked as a court-appointed guardian ad litem, social services, marketing and consulting in the health care industry, local and state government.

Sonya left health care in 2003, after successfully running for County Commissioner. While commissioner, she served on the area plan commission, drainage board, regional sewer board, and 4-H fair board. As commissioner she obtained experience and knowledge of local, state and federal funding available to local government. Along with her fellow commissioners, they implemented innovative strategies in the areas of transportation, residential and economic development.

While serving as Commissioner, Sonya also did business development work in Tennessee, working in the area of jail and correctional facility center design. This experience allowed her to work with other local governments to become more efficient in long term correctional planning.

In May 2005, Sonya accepted the offer to work for the Indiana Criminal Justice Institute, as the Substance Abuse Services Division Director, where she guides the operations and initiatives of the Governor's Commission for a Drug Free Indiana providing management and oversight of substance abuse and use related initiatives, and overseeing Indiana's 92 substance abuse coalitions.

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Shannon Buskirk

Hi everybody, I am Shannon Buskirk and I have been here at CJI going on four years. I came from a twenty-six year law enforcement background. I served almost 12 years as chief of police. I then was elected to the Mayor's Office of the City of Martinsville where I served three terms or twelve years. I retired in 2007 from that position and started with CJI in 2008. I really enjoy visiting with people and in my position I do get to do a great deal of that either by phone or in person. I look forward to working with all of the LCCs and their staff in the coming years.

If you are a "New Coordinator," hired within the last 12 months and are interested in training, please let us know. We plan to offer a training in March or April.

Stephanie Edwards

I have worked at CJI for a little over a year as the Safe Haven Grant Manager. Previously I worked in a Prosecutor's Office as the Director of Victim Services which required participation with a variety of Coordinating Councils. While the focus of the Councils was not substance abuse, the primary goals were collaboration, community education and prevention of domestic violence, sexual assault and child abuse (where substance use is abundant). Prior to working at the Prosecutor's Office, I worked with at-risk juveniles. I have an understanding of the issues substance abuse causes a community.



Spotlight on Scott County's LCC

Seventeen dead this year.

Lori Croasdell uses that shameful number like a club. And why not? Otherwise, Scott County will not learn about an epidemic of prescription-drug abuse. Croasdell, chairwoman of the Coalition to Eliminate the Abuse of Substances (CEASE), has her work cut out for her. And the county desperately needs to hear Croasdell's message. "If we weren't doing anything, I can't help but

think how much worse things might be," she said. Croasdell, 48, is a physician's wife, mother and someone for whom this scourge has hit close to home. "It ignited my passion," she said.

"If we weren't doing anything, I can't help but think how much worse things might be."

When Croasdell agreed to lead the coalition, she made sure to have followers such as Danny Jackson, pastor of First Southern Baptist Church in Scottsburg. "We're all willing to try, all willing to work together," Jackson said. "That's the good thing. "We're starting to make a step or two we'd not made before." Jackson will lead the coalition when Croasdell steps next month into a part-time coordinator's role. For \$300 per month, Croasdell is obliged to put in 20 hours. But in that

amount of time, she'll just be getting warmed up. "She's so enthusiastic herself, she expects everybody else to be," said Carolyn King, another coalition member.

With school leaders, a judge or two, social workers and other pastors, Croasdell has helped cobble together a coalition that is difficult — hopefully impossible — to ignore. Today, it will welcome a

speaker from Florida, Karen Perry, who lost her son to prescription-drug abuse. At the talk, it also will welcome relatives of the 17 mostly young adults in the county who died of prescription-drug abuse this year. "Even if one comes ... they'll realize a group out there cares about them, their family, what they've gone through," Croasdell said. That makes all the difference."

Scott offers one challenge after another. Its child smoking rate is higher than the state average. People are generally less healthy than are people in any other Indiana county. Oxycodone use is similarly off the charts. "Scott County is number one in everything you don't want to be number one in," Jackson said, a comment that unfortunately was not much of an exaggeration. Then again, Scott readily acknowledges its problems. It empowers citizens such as Croasdell to declare war. A difference seems under way.

Doctors are changing prescription practices. Parents are increasingly hearing warnings about gateway drugs. Croasdell what those in law enforcement remind her — a huge percentage of Scott's prisoners can trace their problems to drugs. "She's not afraid to say anything," King said of Croasdell. "How bad would it be, if we weren't doing what we are doing?" Jackson asked.

The public is invited to tonight's talk by Perry, who is executive director of Narcotics Overdose Prevention and Education (NOPE). It is at 7 p.m. at First Southern Baptist Church, 899 W. McClain Ave. in Scottsburg. Perry and CEASE also will be holding a public forum from 11:30 a.m. to 1 p.m. Thursday at Grace Covenant Church, 75 W. Main St. in Austin. For more information, email Croasdell at lcroasdell@c3BB.com.

Dale Moss' column appears Sunday, Monday, Wednesday and Friday. Reach him at (812) 949-4026 or dmoss@courier-journal.com. Comment on this column and read his blog and previous columns at courier-journal.com/moss.

SAMSHA Recovery

SAMSHA has developed a "Working Definition of Recovery"

SAMSHA reached out to consumers, people in recovery, family-members, advocates, policy makers, administrators, providers and others to develop a definition and guiding principles for recovery.

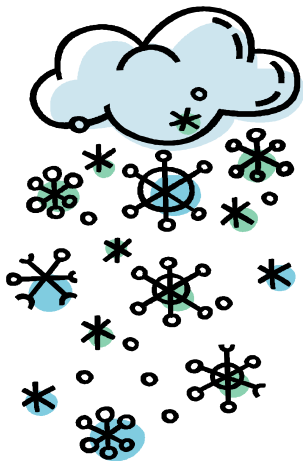
Recovery from Mental Disorders and Substance Use Disorders: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

SAMSHA also provides "Four Major Dimensions that Support a Life in Recovery".

- Health-overcoming or managing one's disease as well as living in a physically and emotionally healthy way
- Home-a stable and safe place to live
- Purpose-Meaningful daily activities (job, school, volunteerism, family caretaking, etc.)
- Community-Relationships and Social Networks the provide support, friendship, love and hope.

A complete definition is available at www.samhsa.gov/newsroom/advisories

(SAMSHA update Dec 2011).





The Governor's Commission for a Drug-Free Indiana

Reminder:

Commission for Drug
Free Indiana Meetings
will be the **4th Tuesday**
of the Month-beginning
in February



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Did you Know

Ecstasy may produce long-lasting changes in brain chemistry, a new study suggests. The drug can cause a drop in the levels of the brain chemical serotonin for up to two years, according to [HealthDay](#). Serotonin is involved in regulating mood, appetite, sleep, learning and memory.

"We've always known that ecstasy produced transient effects, but with the suggestion that there would be recovery over time," study co-author Dr. Ronald Cowan of Vanderbilt University Medical Center's School of Medicine told [HealthDay](#). "But here we find that these effects may be sustained over time with no evidence of reversal." He noted the study found an association between the drug and the drop in serotonin, but did not prove Ecstasy caused the decrease.

The study included 24 women, including 14 who used Ecstasy between three to four years. The researchers used brain scans to determine the number of brain receptors for serotonin. The receptor levels increase as serotonin levels go down, the article notes. The women who took Ecstasy had higher receptor levels than those who did not take the drug, suggesting women who used the drug had a drop in serotonin levels.

Partnership of Drug Free.Org
12/15/11

Excerpt from Partnership at
Drugfree.Org on Teen Marijuana
Usage:

About 25 percent of teens who took part in the study said they used marijuana in the past year, an increase from 21 percent in 2007. Daily marijuana use is at a 30-year peak among high school seniors. The findings indicate a decline in the perceived risk of harm associated with marijuana use, according to a [news release](#) by the National Institute on Drug Abuse, which funds the survey.

R. Gil Kerlikowske, Director of the Office of National Drug Control Policy, told the newspaper he believed the increasing prevalence of medicinal marijuana was a factor in the uptick. "These last couple years, the amount of attention that's been given to medical marijuana has been huge," he said. "And when I've done focus groups with high school students in states where medical marijuana is legal, they say 'Well, if it's called medicine and it's given to patients by caregivers, then that's really the wrong message for us as high school students.'"

Cigarette and alcohol use are at their lowest point since the survey began in 1975. Alcohol use in general and binge drinking in particular continued to gradually decline among teenagers.

INDIANAPOLIS - The launch of the "Arrive Alive in 2012" campaign serves as an important reminder of safe and responsible behavior during the high-risk holiday season. Project RAD (Responsible Alcohol Distribution) in conjunction with partners including the package liquor store industry, hospitality industry and law enforcement representatives announced the campaign today focused on obtaining a designated driver, getting a cab or enjoying a hotel stay to avoid driving impaired. "We want everyone to arrive alive to their next destination," said Greg Boesch, Project RAD partner and chairman of the Indiana Association of Beverage Retailers. "The holidays are specifically a time where people get together and drink, but there's no excuse for not having a plan whether it's a designated driver - a friend or a cab - or enjoying a hotel stay for the night." Impaired drivers endanger the lives of everyone on the road. According to the Indiana Criminal Justice Institute, last year in Indiana 24.7 percent of all fatal collisions were alcohol-related - almost 1 in every 4 accidents. Of the fatal collisions that were alcohol related, 75.1 percent involved a driver that was legally alcohol-impaired - 3 in every 4 accidents. In 2010, 135 people were killed in collisions that involved an alcohol-impaired driver. "Impaired driving is not only one of the most dangerous and costly crimes committed on our nation's roadways, it's also absolutely preventable" said Ryan Klitzsch of the Indiana Criminal Justice Institute. "By planning ahead when they plan to drink, Hoosiers can avoid some very lofty consequences."

Upcoming Commission Dates and Events

Commission Meetings:

11:00am-1:00pm Indiana Government Center South
February 28, 2012

February Awareness

February 13-19-Children of Alcoholics Week

The following counties have CCP/updates due March 1, 2012

Dearborn, Franklin, Madison, Marshall, Perry, Rush,
and White

Operation Pull Over Blitz-St. Patrick's Day
March 2-18, 2012

